



ANUSHKA'S SOLUTION TO A CELLULITE-FREE BODY

By Michelle M. Havich

The Cellulite Free Lifestyle Program, offered at Anushka Spa, will help transform your legs and derriere to be lean and dimple-free.

Anushka Blau is determined to get Palm Beach derrieres smooth and cellulite-free. At her eponymous cosmedical center, spa and salon in West Palm Beach, Blau is offering Anushka's Cellulite Free Lifestyle Program, a four-week regime that combines diet and exercise with modern technology. The spa is the only one in the area to have the non-invasive SmoothShapes, which uses laser and light energy with a mechanical massage and vacuum system to liquefy fat and move it out of the body via the lymphatic system. This treatment is followed up with Blau's famous Press-o-Jet, which helps promote lymphatic drainage and release water retention. Individualized nutritional counseling, daily menus and exercises that target cellulite-prone areas of the body also are key to getting the body lean, mean and dimple-free.

[Anushka Spa & Salon](#)

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